

# MARCH

## RECIPE

**Fish Cakes:** Serve with steamed veggies or a tossed salad. Servings: 4

### Ingredients:

- 1 can of chunk light tuna packed in water
- 1 large sweet potato, mashed
- Skim milk
- Canola or vegetable oil
- ¼ onion, chopped
- 1 tablespoon sweet chili sauce
- Breadcrumbs (enough to be able to shape the fish into cakes)

**Directions:** Put sweet potato in a pot of boiling water and cook until tender.

Peel and mash, adding milk to desired consistency. Drain tuna from can and add to mashed sweet potato. Add in the chopped onion and sweet chili sauce. Mix together well.

Add enough breadcrumbs to make patties. Season with salt and pepper. Mold the mixture into patties. Heat around 2 teaspoons of canola oil or vegetable oil in a frying pan and cook the fish cakes for 5 -7 minutes, turning only once, until hot and golden.

“ My husband got laid off and money was tight so I started getting creative with foods like beans, frozen vegetables and canned fruit. I invented some healthy dips, snacks and meals using white beans! Now I know that it doesn't have to be expensive to eat healthy. ”

Patricia, Lewiston



SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
08 Daylight Savings Time Begins	09	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20 First Day of Spring	21
22	23	24	25	26	27	28
29	30	31	<b>Did you know it's...</b> National Nutrition Month, National School Breakfast Week – March 5-9, American Diabetes Alert Day – March 24			



**Herbs and spices such as thyme or curry, mustards, salsa, peppers, capers, and BBQ sauce all add flavor and texture without adding fat to your meals.**

## Healthy Life Tip

Colon cancer is the second leading cause of cancer deaths in Idaho. Every year precious lives are lost to colon cancer. But, the real tragedy is most of these lives could be saved with regular cancer screening. Caught early, the survival rate is 95%. For more information, call the **Idaho CareLine at 2-1-1.**



IDAHO DEPARTMENT OF  
HEALTH & WELFARE